



# THE VITAMIN SHOP

CANADA'S PREMIER NUTRITIONAL SUPPLEMENT DISPENSARY

Established in Victoria since 1984

**COMPLETE SELECTION AND LOW PRICES ON BRAND-NAME SUPPLEMENTS!**



## MARCH 2016 CATALOGUE



### VITAMINS A & D & CAROTENOIDS

Code	Description	Quantity
1261.....	Beta Care All 25,000iu Beta Carotene.....	180 softgels
2164.....	Lutein 20mg.....	120+30softgels
1499.....	Lutein 40mg.....	60 softgels
1327.....	Lycopene 10mg.....	60 softgels
1988.....	Vitamin A 10,000iu (CLO).....	180 softgels
2223.....	Vitamin D3 1,000iu.....	180 softgels
2009.....	Vitamin D3 1,000iu.....	360 softgels
1948.....	Vitamin D3 1,000iu.....	500 softgels
2230.....	Vitamin D3 1,000iu Liquid.....	15 ml
2290.....	Vitamin D3 Drops 400iu for Kids.....	15 ml
1943.....	Vitamin K2 100mcg.....	60 vegicaps
2185.....	Vitamin K2 100mcg.....	120 vegicaps
2102.....	Vitamin K2 & D2 Plus A.....	60 softgels
2166.....	Vitamin K2 120mcg & D3 1000iu.....	60 softgels
2168.....	Vitamin K2 120mcg & D3 1000iu.....	120 softgels

### MULTI-VITAMINS & MINERALS

Code	Description	Quantity
2061.....	Complete Multi Iron Free.....	180 tablets
2113.....	Hi Potency Multi (Vegetarian).....	180+30 tabs
1249.....	Multi Factors Men.....	90 vegicaps
1250.....	Multi Factors Men 50+.....	90 vegicaps
1239.....	Multi Factors Women.....	90 vegicaps
1240.....	Multi Factors Women 50+.....	90 vegicaps
2069.....	Multi Flow.....	180 tablets
2163.....	Multi Start.....	120 capsules
2062.....	Super Multi Iron Free.....	180 tablets
2064.....	Super Multi with Iron.....	180 tablets
2162.....	Ultra Multi Plus.....	90 tablets

### B VITAMINS

Code	Description	Quantity
2026.....	B1 (Thiamine) 100mg.....	90 tablets
2017.....	B2 (Riboflavin) 100mg.....	90 tablets

### B VITAMINS

Code	Description	Quantity
2028.....	B3 (Niacin) 100mg.....	90 tablets
2260.....	B3 (Niacin) 500mg.....	90 tablets
2108.....	B3 Niacin Intermediate FF 475mg.....	60 tablets
1520.....	B3 Niacin Non-Flush 500mg.....	90 capsules
1996.....	B5 D'Pantothenic Acid 250mg.....	90 capsules
2005.....	B6 250mg with 50mg Vitamin C.....	90 tablets
2261.....	B6 Pyridoxine HCL 100mg.....	90 tablets
2024.....	B6 Pyridoxine HCL 100mg.....	90 capsules
2020.....	B12 1,000mcg Cyanocobalamin.....	90 tablets
6435.....	B12 1,000mcg Methylcobalamin.....	210 sublingual
2019.....	B12 5,000mcg Methylcobalamin.....	60 sublingual
2011.....	Biotin 300mcg.....	90 tablets
2068.....	Biotin 1000mcg.....	90 vegicaps
2093.....	Biotin 5000mcg.....	60 vegicaps
2014.....	Complete B 100mg Time Release.....	90 tablets
2206.....	Complete B 100mg Time Release.....	180 tablets
1985.....	Folic Acid 1mg.....	180 tablets
2012.....	Hi Potency B Complex 50mg.....	90 capsules
2008.....	Hi Potency B Complex 50mg.....	180+30 caps
2002.....	Hi Potency B Compound 50mg.....	180 tablets

### WHOLE EARTH & SEA

Code	Description	Quantity
1246.....	Herring Gold Omega-3 500mg.....	60 softgels
1247.....	Herring Gold Omega-3 1000mg.....	60 softgels
1276.....	Herring Gold Cogni-Hi-Q 650mg.....	60 softgels
8867.....	Marine Algae 3.....	30 vegi softgel
1235.....	Men's Multivitamin & Mineral.....	60 tablets
1238.....	Men's 50+ Multivitamin & Mineral.....	60 tablets
1255.....	Organic Vegan Greens Protein Bar.....	1 bar
1254.....	Organic Vegan Greens Protein Bar.....	6 bars / box
1229.....	Women's Multivitamin & Mineral.....	60 tablets
1230.....	Women's 50+ Multivitamin & Mineral.....	60 tablets
1277.....	Super Mushroom Blend.....	60 vegicaps

While quantities last. • We reserve the right to limit quantities. • Prices subject to change without notice.

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<b>Code</b>	<b>Description</b>	<b>Quantity</b>
7598.....	Acta Resveratrol 80mg.....	90 vegicaps
7630.....	Active Green Tea (EGCG Max) 700mg.....	90 vegicaps
7548.....	Advanced B Complex 602mg.....	180 vegicaps
7688.....	Advanced Bone Protection MBP.....	30 vegicaps
7629.....	AHCC 500 mg.....	30 vegicaps
7801.....	ALCAR N-Acetyl-L-Carnitine 500mg.....	120 vegicaps
7686.....	R-Lipoic 150mg + Biotin 100.....	90 vegicaps
7751.....	Astaxanthin Ultra 4mg.....	60 vegicaps
7625.....	B12 Methylcobalamin 5mg.....	60 sublingual
7634.....	Benfotiamine 80mg.....	120 vegicaps
7771.....	Biofolate 1mg.....	30 capsules
7616.....	Bone Basics 399mg.....	240 capsules
7697.....	Bone Basics 399mg.....	360 capsules
7620.....	Cardio Mag 2.0 770mg with Orotic.....	120 vegicaps
7610.....	Carnosine 500mg.....	60 vegicaps
7784.....	Curcumin 95 400mg.....	90 vegicaps
6541.....	Estro Adapt.....	60 vegicaps
7758.....	Gandha 600mg.....	120 vegicaps
7789.....	Gastro Relief.....	60 vegicaps
7846.....	Holy Basil (Ocimum Sanctum) 500mg.....	60 vegicaps
7678.....	I-3-C 200mg Indole-3 Carbinol.....	60 vegicaps
7785.....	L-Carnitine 500mg.....	120 vegicaps
7477.....	Lysine, Vit C & Hyaluronic Acid.....	60 vegicaps
7658.....	Mag Malate Renew 100mg.....	120 vegicaps
7834.....	Multi Basics 3 342mg.....	180 vegicaps
7656.....	Ortho-Bone 202mg.....	300 capsules
7648.....	Ortho-Core 325mg.....	180 capsules
7613.....	Ortho-Eyes.....	2 x 5 ml
7805.....	Ortho-Iron 358mg.....	30 vegicaps
7681.....	Ortho-Sleep 443mg.....	60 vegicaps
7607.....	P-5-P.....	60 capsules
7643.....	Quercetin 500mg.....	100 vegicaps
7593.....	Quercetin 500mg.....	200 vegicaps
7682.....	Saccharomyces Boulardii.....	90 vegicaps
7676.....	SeMet 55mcg.....	90 vegicaps
7597.....	Strontium Support II 341mg.....	120 vegicaps
7596.....	Thyro Support 518mg.....	90 vegicaps
7619.....	Total E 445mg.....	60 softgels
7621.....	Triphlax 750mg.....	100 vegicaps
7826.....	Uti Cleanse w/ Cranberry & D Mannose.....	120 tablets
7603.....	Vision Support II (Revised).....	60 softgels
7636.....	Vitamin C Corn-Free Non-GMO.....	300 vegicaps
7750.....	Vitamin D3 (Adult).....	50 ml
7652.....	Vitamin D3 1000iu.....	120 vegicaps
7709.....	Vitamin K2 120mcg.....	60 vegicaps
7672.....	Zen Theanine 225mg.....	60 vegicaps

## TRUE HOPE

<b>Code</b>	<b>Description</b>	<b>Quantity</b>
5471.....	BMD Bone Maintenance Developement.....	180 tablets
7762.....	EMP Advanced w/ Boron.....	120 vegicaps
7763.....	Freeminos.....	180 vegicaps
5571.....	Inositol Powder.....	300 grams
7765.....	Nascent Iodine.....	30 ml
5420.....	OLE Olive Leave Extract.....	180 vegicaps

## PROGRESSIVE

<b>Code</b>	<b>Description</b>	<b>Quantity</b>
6920.....	Complete Calcium w/D for Men.....	120 caplets
6921.....	Complete Calcium w/D for Women.....	120 caplets
6922.....	Complete Calcium w/D Women 50+.....	120 caplets
6926.....	Kids Calcium.....	120 chewable
6924.....	Kids Multi Vit & Mineral.....	120 chewable
6909.....	Multi Active Men.....	120 vegicaps
6911.....	Multi Active Women.....	120 vegicaps
6901.....	Multi Adult Men.....	120 vegicaps
6903.....	Multi Adult Women.....	120 vegicaps
6905.....	Multi Men 50+.....	120 vegicaps
6907.....	Multi Women 50+.....	120 vegicaps
6937.....	Multivitamin Men.....	60 chewable
6936.....	Multivitamin Women.....	60 chewable
5102.....	Phyto Berry.....	450 grams
5103.....	Phyto Berry.....	900 grams
6938.....	Pre-Natal.....	120 vegicaps
6950.....	Harmonized Protein Chocolate.....	840 grams
6949.....	Harmonized Protein Natural.....	840 grams
6948.....	Harmonized Protein Vanilla.....	840 grams
7053.....	Hemp Protein Vanilla Organic.....	800 grams
6143.....	VegEssentials All In One Chocolate.....	840 grams
6146.....	VegEssentials All In One Unflavoured.....	840 grams
6144.....	VegEssentials All In One Vanilla.....	840 grams
7039.....	Vege Greens Vegan Protein Vanilla.....	840 grams
6946.....	Vege Greens Blueberry.....	265 grams
6947.....	Vege Greens Blueberry.....	530 grams
7087.....	Vege Greens Multi Blue Medley.....	500 grams
7132.....	Vege Greens Pineapple/ Coconut.....	265 grams
7135.....	Vege Greens Pineapple/ Coconut.....	560 grams

## Inno-Vite™

<b>Code</b>	<b>Description</b>	<b>Quantity</b>
5578.....	Adult Daily Probiotics 15 Billion.....	60 vegicaps
5517.....	Formula H.H.....	300 tablets
5509.....	Inno-Cal-Mag + Boron 2:1.....	240 softgels
8949.....	Inno-Cal-Mag + Boron + D3 2:1.....	240 softgels
1958.....	Inno-Cal-Mag + Boron + D3 + K2.....	240 softgels
5561.....	Inno-Q-Nol 100mg.....	60 softgels
2584.....	Inno-Q-Nol 100mg.....	90 softgels
2583.....	Inno-Q-Nol 200mg.....	60 softgels
2598.....	Krill Oil 100% 500mg.....	60 softgels
5514.....	Licorice in Activated Charcoal 225mg.....	90 vegicaps
5589.....	Melatonin 3mg Time Release.....	60 vegicaps
1774.....	Probiotics Sensitive GI.....	60 vegicaps
5593.....	Red Yeast Rice 300mg.....	60 vegicaps
5566.....	Vitamin K2 drops with Vitamin D3.....	30 ml
5499.....	Yeast Buster Kit.....	1 month

## IRON VEGAN PROTEIN

<b>Code</b>	<b>Description</b>	<b>Quantity</b>
5055.....	Raw Organic Sprouted Protein Choco.....	1 kg
5056.....	Raw Organic Sprouted Protein Vanilla.....	1 kg
5059.....	Raw Organic Sprouted Protein Unflav.....	1 kg



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## DIGESTIVE ENZYMES &amp; ACIDOPHILUS

Code	Description	Quantity
1385.....	Alpha Lipoic Acid 300mg.....	90 vegicaps
5686.....	Alpha Lipoic Acid 150mg w/Blueberry.....	90 capsules
5624.....	Bon Voyage 250mg Sacch Boulardii.....	30 vegicaps
5642.....	Dophilus Plus 4 Billion.....	60 capsules
5678.....	Dophilus Plus 4 Billion.....	120 capsules
1377.....	Dophilus Plus Extra 10 Billion.....	60 vegicaps
1374.....	Kids Dophilus Plus 2 Billion Cherry.....	60 chewable
5626.....	Multi Enzymes Digestive Aid.....	120 vegicaps
5643.....	Multi Enzymes Plus (with Fennel).....	120 vegicaps
5716.....	Peppermint Oil 50mg.....	90 softgels

## ESSENTIAL FATTY ACIDS

Code	Description	Quantity
5605.....	Essential EFA (Fish, Flax & Borage).....	180 softgels
5702.....	Evening Primrose 500 mg.....	180 softgels
5610.....	Evening Primrose 1000 mg.....	180 softgels
5630.....	Flax Seed Oil 1000mg Organic.....	120 softgels
5771.....	Omega Wild Alaskan Salmon Oil 1200mg.....	90 softgels
5715.....	Omega 3 1000mg.....	150 softgels
5720.....	Omega 3 200mg DHA Vegetarian.....	60 softgels

## VITAMIN C

Code	Description	Quantity
5299.....	C 500mg + D 500iu.....	120 tablets
5616.....	C Buffered Powder, Orange.....	200 grams
5614.....	C Buffered Powder, Plain.....	200 grams
5676.....	Ester C Aces (Vit A, C, E, Selenium).....	120 capsules
3383.....	Ester C 250mg Citrus Punch.....	120 chewable
5659.....	Ester C 250mg Orange.....	120 chewable
3396.....	Ester C 250mg Wildberry.....	120 chewable
3358.....	Ester C 500mg Orange.....	90 chewable
3387.....	Ester C 500mg Wildberry.....	90 chewable
5652.....	Ester C 600mg with Bioflavonoids.....	240 capsules
1554.....	Ester C 1000mg + Quercetin.....	120 tablets
6509.....	Ester C Energy Boost Lemon/Lime.....	30 pkg/box
5723.....	Ester C Energy Boost Orange.....	30 pkg/box
6518.....	Ester C Energy Boost Pom-Acai.....	30 pkg/box
5727.....	Ester C Energy Boost Wildberry.....	30 pkg/box
5663.....	Ester C Powder.....	125 grams
5665.....	Ester C Supreme Powder.....	125 grams
5733.....	Ester C Cold & Flu Rescue.....	60 vegicaps

## HERBS

Code	Description	Quantity
5680.....	Bilberry 100mg Standardized.....	60 capsules
5703.....	Black Cohosh 150mg.....	60 capsules
5606.....	Cranberry Ultra One A Day.....	60 vegicaps
5711.....	Easy Rest (Sleepy Head).....	60 capsules
3379.....	Garlic 250mg (2500mcg Allicin).....	120 tablets
5634.....	Ginkgo Memory 60mg.....	120 vegicaps
5615.....	Milk Thistle Complex.....	90 vegicaps
1357.....	Prostate Formula.....	60 vegicaps
6236.....	Red Reishi Complex.....	90 vegicaps
5260.....	Saw Palmetto Complex.....	120 capsules
5741.....	Vinpocetine 10mg.....	90 softgels



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## MINERALS

Code	Description	Quantity
5105.....	Cal & Mag Citrate w/D Strawberry Liquid.....	450 ml
5106.....	Cal & Mag Citrate w/D Vanilla Liquid.....	450 ml
5675.....	Calcium & Magnesium 1:1 w/ Vit D.....	300 capsules
5670.....	Cal & Mag w/D 2:1 300mg/150mg.....	180 tablets
1348.....	Chromium Plus Vanadium 200/100mcg.....	90 vegicaps
1356.....	Gentle Iron 25mg.....	60 vegicaps
5653.....	Magnesium 100mg.....	100 vegicaps
5650.....	Magnesium 250mg.....	100 vegicaps
5677.....	Magnesium 250mg.....	200 vegicaps
3393.....	Only Minerals Iron Free.....	120 capsules
5681.....	Selenium Chel Plus 200mcg.....	60 capsules
4720.....	Zinc Citrate 30mg.....	90 capsules

## AMINO ACIDS / MELATONIN

Code	Description	Quantity
5690.....	5-HTP 100mg.....	60 vegicaps
5679.....	L-Arginine 750mg.....	90 vegicaps
5671.....	L-Lysine 500mg.....	90 vegicaps
5704.....	L-Tyrosine 500mg.....	90 vegicaps
5472.....	Melatonin Liquid.....	59 ml
5706.....	Melatonin 5mg.....	90 sublingual
5662.....	Melatonin 10mg.....	90 tablets
5718.....	Stress Rescue L-Theanine.....	30 chewable
5719.....	Stress Rescue L-Theanine.....	60 vegicaps

## MISCELLANEOUS SISU

Code	Description	Quantity
5622.....	CinnaMax 150mg 20:1 Hi-Potency.....	60 vegicaps
5565.....	CinnaMax 150mg 20:1 Hi-Potency.....	120 vegicaps
5648.....	Lutein 20mg FloraGLO.....	60 softgels
4990.....	Phytovision w/Herbs & Lutein.....	120 capsules
5740.....	Policosanol 10 mg.....	90 softgels
5655.....	Rhodiola Stress.....	30 vegicaps
5661.....	Rhodiola Stress.....	60 vegicaps
5726.....	Tonalin CLA 1250mg.....	120 softgels
2925.....	Thermoslim Thermogenic Complex.....	60 vegicaps

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